

Let's Do Lunch! October 2013

Monday		Tuesday		Wednesday		Thursday		Friday	
		-	1		2	•	3	•	4
		Turkey Meatloaf		Green Chile Chicken		Corndog		Carne Asada	
		Lima Beans		Alfredo		Tater Tots		Spanish Rice	
		Oriental Vegetables		Mixed Vegetables		Carrot Coins		Zucchini	
		Dinner Roll		Wheat Roll		Cantaloupe		Tortilla	
		Sherbet		Apple Crisp		1% Milk		Pear	
		1% Milk		1% Milk				1% Milk	
	7		8		9		10		11
Fish Tacos		Beef Tips w/Rice		Turkey Sandwich		Spaghetti w/Meatballs		Chicken Teriyaki	
Pinto Beans		Broccoli		Cold Orzo w/Vegetables		Italian Blend Vegetables		Brown Rice	
Buttered Corn		Dinner Roll		Tossed Salad w/Dressing		Breadsticks Crackers		Island Mixed Vegetables	
Chocolate Pudding		Baked Cinnamon Apples		Mandarin Oranges		Cherry Cobbler		Wheat Roll	
1% Milk		1% Milk		1% Milk		1% Milk		1% Milk	
	14	1	.5		16		17		18
Huevos Rancheros		BBQ Pork Chop		Turkey Stew		Orange Chicken		Salisbury Steak	
Refried Beans		Sweet Potatoes		Biscuit		Rice Pilaf		Mashed Potatoes	
Stewed Tomatoes		Cold Coleslaw		Tossed Salad w/Dressing		Brussel Sprouts		Scandinavian Mix	
Peaches		Cornbread		Hot Apricots		Crescent Roll		Wheat Roll	
1% Milk		Pineapple Chunks		1% Milk		Orange		Apple Crisp	
		1% Milk				1% Milk		1% Milk	
	21		22		23		24		25
Shrimp Alfredo		Corndog		Pork Posole		Caribbean Chicken Stir		Mushroom Burger	
Asparagus		Mac-N-Cheese		Calabacitas		Fry		Red Potatoes	
Garlic Bread		Peas and Carrots		Tossed Salad w/Dressing		Black Beans		Green Beans	
Cinnamon Applesauce		Fruit Cocktail		Crackers		Dinner Roll		Wheat Bread	
1% Milk		1% Milk		Warm Rice Pudding		Warm Pears		Chocolate Chip Cookie	
				1% Milk		1% Milk		1% Milk	
	28	-	9		30	D 40	31		
Cheese Ravioli		BBQ Pulled Pork Sandwick	h	Green Chile Chicken		Roast Beef w/Gravy			
Broccoli		Baked Beans		Enchiladas		Mashed Potatoes			
Garlic Bread		Mixed Vegetables		Spanish Rice		Carrots			
Cold Peaches		Ice Cream Cup		Mexicorn		Dinner Roll			
1% Milk		1% Milk		Oranges		Pumpkin Mousse			
				1% Milk		1% Milk			

We reserve the right to alter the menu to meet food availability.

Diabetic clients should not be given sugar and bread only upon request.